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Altadena, Ca.91001
February 2nd,1983

Monroe Institute of Applied Sciences
PO Box 57
Afton, Virginia 22920

RE: Out of Body Experiences(etc.)

Dear Sir,

I am writing to you hoping you will be able to help myself and my sisters. I have been having these experiences since 1967 at the age of ten, as well as other seemingly unexplainable incidents.

By the age of nineteen, I realised one of my three sisters was also having these experiences as well as others. For example, she always knew certain things would happen before they actually did. After awhile we both learned to keep these things to ourselves. We are from Jamaica, West Indies...from a family of buisness people with their 'feet on the ground" who discouraged our questions and our fears, dismissing the whole thing as nightmares. (Contrary to what most Americans think, Jamaica is not a 'grass skirt' island where people walk around with baskets on their heads and visit Voodoo Men..we used to be a British Colony, and the Country is run as such)

On coming to the States in 1978, our experiences seemed to accelerate drastically. While in northern California, a friend of mine encouraged me to speak to his 'TM' teacher about this. I was told that it is very dangerous, and that I should take steps to stop such occurances. My friend was quite upset at the outcome of the meeting, and presented me with a book he had been reading called the Phenomena of Astral Projections.

Let me go back a little. In about 1974 an oriental friend of mine(also Jamaican) had presented me with a set of books by T. Lobsang Rampa.....I Believe
You Forever
The Third Eye
At the time, the books scared me so much, I would force myself to stay awake through the nights. I turned into a nervous wreck and my health was suffering badly. Since my trip up north, I have read You Forever
Candlelight } RAMPA
Twilight
Journeys out of the Body(some of it...) it hit home so well, it scared me.
Carlos Castaneda

I have been able to achieve similar states to Castaneda (Separate Reality & Journey to IXTLAN) without the use of drugs. These have been frightening because there is no way to move my body till the "accelerated pins & needles" stop. A feeling like paralysis, but with a warm feeling of rapid tingling or something!

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These books have all been helpful,mainly because they have made us realise that these things do indeed happen to other people, but the fear is still present!

Please help us.

My sister has conscious travels frequently and spontaneously. She has actually "scraped her hand' on the wall! She has visited me since being in France (She left on a Schloarship to the University in Aix-En-Provence).
She is also as scared as I am; but she 'goes' anyway as she is not able to control it. She speaks of incredible speed, tunnels, lights...she has had experiences with apparent entities..not particurly nice, right there in her apartment. I am usually able to stop my projections a few seconds after it occurs. I have, however, seen and spoken to my stepfather who died in 1977. He gave me a message to give my mother. I was so excited at having really-seen him, even touched him that I did not even think about the message, and as soon as I was back in my body, the message sounded ridiculous. Two things lead me to believe this occurance was 'real'. One, the time was the same. That is, I knew I was on another plane of existence, but it felt like I am familiar with it, and I go there all the time. I even said to my companion," That looks like my stepfather, but it can't be...! He's dead! " After that, he came up to me casually and said " come here silly, touch me and you'll see for yourself. I refused and he took my hand and forced me to touch his arm. I felt myself being forced to the ground in awe (I Know this sounds corny) and tears came to my eyes (at least, it felt that way) and a feeling of indescribable joy came over me. A lady came and told him he had to go now, and he gave me the message. I woke up at the same time. That is,it was not 'day' while I was actually sleeping at night. I woke up with goose bumps on my skin, called my mother and told her the message- which only then occurred to me- sounded strange. Plus, it was about 4:30 am.
The second thing is, I touched him. I noticed his suit(mainly because my degree is in Fashion Desigh). I recognised the spot I was in, like I go there often, and I was aware of what was going on there, of deciding to go back to my body and I got up automatically, tears in my eyes, and called my mother immediately.

I do not think it is a matter of me giving up this thing. It seems to be following me.

Since the beginning of 1983, a new set of experiences to do with the mind have been occurring. These have been so exciting that I immediately wrote my friend in New York for reassurance that I am not going crazy. He is a biochemist, and has helped me stay sane, long distance, for many years, I attempted the letter three times before I could somehow put my experiences into words that made sense. However, I did not mail the letter for about three days. By the fourth day, I received a phone call from him ! He was here in California to see me. I asked

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him what made him come, and he said " You tell me.."

I told him what was going on, and he has encouraged me to persue the matter,

I am still afraid, but I would like some help.

Since two months ago, another sister has been projecting,but she's afraid it's dying, and my little sister had an experience that frightened her, and my family told her that it is a nightmare. I would like to be able to help them, but I need someone to put the whole thing in perspective for me, or at least verify that I am not going crazy, especially as it also happens to my sisters.
I do fashion illustrations and art work, and one night very recently, I produced work using a totally unfamiliar technique. Illustrations I still feel I did not do.
Please, if you can offer any help, please write me.
I will be going back to jamaica in March, but I would be very happy if I could speak to someone before then.
Thank you very much.

Sincerely,

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P.S. Last year my sister and I went to see Dr. Thelma Moss, parapsychologist, at her home in Pacific Palisades.
We were very discouraged with the meeting. Dr. Moss told us we were clairvoyant, but dismissed some of our experiences as dreams. We left her home feeling like a normal person will never understand, and we would live, on the outside, like one, forgetting, if we could, about these occurances.
It seems now, as if we have no choice. It follows us still. We could not afford the sessions with Dr. Moss, and she, herself, has never had any of these experiences. What should we do?